



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 20050, Rice, white, medium-grain, raw, enriched

Report Date: June 27, 2017 04:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	12.89	--	0.477	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	360	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	1506	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	6.61	--	0.197	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	0.58	--	0.058	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	0.58	--	0.044	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	79.34	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	1.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Minerals													
Calcium, Ca	mg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	4.36	--	0.800	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	35	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	108	--	5.412	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	86	--	5.551	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	1.16	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	1.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Selenium, Se	µg	15.1	--	5.193	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	0.578	--	0.030	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Riboflavin	mg	0.048	--	0.012	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Niacin	mg	5.093	--	1.111	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Pantothenic acid	mg	1.342	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin B-6	mg	0.145	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	231	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1997
Folic acid	µg	222	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2000
Folate, food	µg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, DFE	µg	386	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Vitamin E (alpha-tocopherol)	mg	0.11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.158	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
14:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:0	g	0.141	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	0.181	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	0.179	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total polyunsaturated	g	0.155	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	0.128	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Amino Acids													
Tryptophan	g	0.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.236	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.285	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	0.546	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.239	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.155	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.135	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.353	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.221	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.403	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	0.551	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.155	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.383	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	0.621	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	1.288	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.301	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.311	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	0.347	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Other													